



AUGUST 25, 2025

INTRODUCTION TO PERFORMANCE EQUIPMENT LIST





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ITEM	IMAGE	NOTES
Goggles x 2		
Bathing Suit		



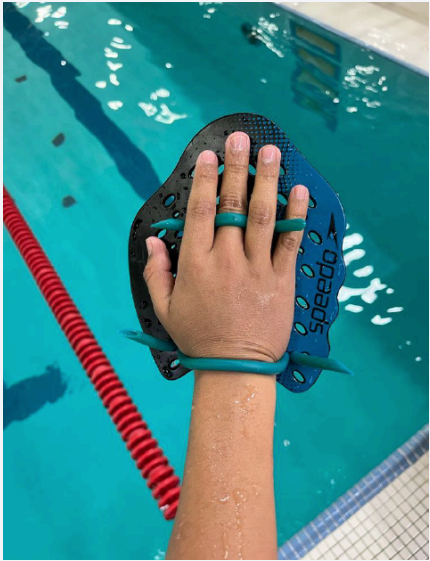
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ITEM	IMAGE	NOTES
Kickboard		The kick board should be not longer than the length of your fingertip to elbow.
Fins		Approved Brands: -DMC ELITE (preferred) -Arena Powerfin Pro -Speedo Switchblade -TYR Stryker
Pull Bouy		



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ITEM	IMAGE	NOTES
Water Bottle		
Mesh Bag		Custom GHAC mesh bags with names are available for order.

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Swim Cap		<p>Mandatory at Swim Meets</p> <p>GHAC Caps available for order in Black, White, or Maroon</p>
GHAC Clothing		<p>Required at all swim meets.</p> <p>Available for order at various times throughout the season.</p>
Paddles		<p>APPROVED BRANDS:</p> <ul style="list-style-type: none"> - Strokemaker - Speedo Power Paddle - Finis Manta Paddle <p>The edge of the paddle should follow the contour of the hand + 1".</p> <p>*NO FINIS AGILITY PADDLES*</p>

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ITEM	IMAGE	NOTES
Snorkle		<p>APPROVED BRANDS:</p> <ul style="list-style-type: none"> - Arena Swim Snorkel Pro - MP Swim Snorkel - Finis Glide Snorkel - Speedo Bullet Head
Tempo Trainer		<p>Optional</p> <p>Finis Tempo Trainer</p>